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U.S. abortion doc found guilty

Convicted of first-degree murder after killing live babies, doctor could face death penalty PAGE 6

CHOOSE WISELY: GRASSHOPPER

THE UN SAYS INSECTS LIKE ANTS, BEETLES AND GRASSHOPPERS DO A BODY, AND WORLD, A LOT OF GOOD PAGE 8

CBE holds out, Alta. to legislate teacher deal

Not quite unanimous. Bargaining structure 'dysfunctional' minister says, despite '97 per cent' agreement

ANNALISE KLINGBEIL
Metro in Edmonton

On Monday, Education Minister Jeff Johnson drafted legislation to implement the four-year teacher deal in every school jurisdiction and for every ATA local after failing to convince all school boards and union locals to endorse the deal. METRO FILE

After the Calgary Board of Education stood as the lone school board to refuse to ratify a labour agreement, Education Minister Jeff Johnson said the bargaining structure in Alberta is broken and he will introduce legislation to put the proposed four-year teachers deal into place.

"It is time to move on," Johnson said Monday afternoon, after Calgary trustees voted 5-1 to affirm their rejection of the proposed contract.

Sixty-one of the province's 62 school boards had voted to support the deal by Monday, which the Alberta Teachers' Association also endorsed. Two ATA locals, Elk Island and St. Albert, voted to reject the framework.

Pat Cochrane, chair of the Calgary board of trustees, said she remained convinced the deal is not in the best interest of students, despite a "good conversation" with Johnson on Monday morning.

"We agreed to disagree on this," Cochrane said.

To be approved, the tentative deal — which was struck between the province and the ATA in March after more than two years of negotiations — had to be ratified by all 62 school boards and their union locals by the May 13 deadline.

On Monday, Johnson declared the bargaining structure "dysfunctional" and said it needs to be fixed, "so we're not in a situation in the future where one school board can hold the entire province hostage and hold up a deal for 600,000 kids."

Jacquie Hansen, president of the Alberta School Boards Association, said while the association knew it was a possibility, forcing the pact is not ideal.

ATA president Carol Henderson agreed.

"This is not our preferred solution," she said in a news release.

Cochrane said the future of collective bargaining between teachers and school boards remains a "very live issue in this province," but the CBE will respect Johnson's decision.

"If he legislates it, we will follow it," she said. "We wouldn't oppose the law."

WITH FILES FROM ROBSON FLETCHER

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$3.4M loss. Hotel group pulls out of Tourism Calgary

Tourism Calgary will lose a major partner and a huge chunk of its operating revenue at the end of the year, as the Calgary Hotel Association has decided not to renew its agreement with the city-funded marketing organization.

"They advised us at about midday today that it was their intent not to renew the contract," Tourism Calgary chair Rod McKay said Monday, adding that it's unclear exactly what the impact will be.

"We will canvass all sorts of alternatives," he said. "We're hopeful that we'll be able to attract the appropriate funding."

Money from the CHA made up about $3.4 million or 35 per cent of Tourism Calgary's revenue in 2012.

Despite a banner year for tourism as a whole last year, CHA chair Leanne Shaw-Brotherston said hoteliers just didn't see a good return on their investment in Tourism Calgary.

"For us, it is about room nights," she said.

She noted the CHA will continue investing about $10 million a year — collected voluntarily from its members — in destination marketing with other partners, including the Calgary Zoo, the Calgary Stampede, and WinSport.

Mayor Naheed Nenshi said he was surprised the CHA made the decision without first consulting city council. "A unilateral move like this without consulting with any stakeholders strikes me as not moving in the right direction," he said.

The city provides a $2.4 million annual operating grant to Tourism Calgary.

ROBSON FLETCHER/METRO

Customers line up outside the Perogy Boyz food truck last summer. After a pilot project, a draft bylaw on the trucks will be reviewed by council July 29. METRO FILE

Survival of the fittest food trucks

'Cream will rise to the top'. As pilot project draws to a close, council will review draft bylaw in July that currently caps food trucks at 40

KATIE TURNER
katie.turner@metronews.ca

More food trucks are likely to roll onto Calgary streets this summer with city council set to review the results of a lengthy pilot project.

The food-truck pilot project is drawing to a close after beginning in August 2011, and city officials have drafted a bylaw that would allow more trucks to launch as soon as August of this year.

Keith Pallister, chief license inspector with the city, said council is expected to review a draft bylaw for food trucks on July 29, and if approved, the current cap of 40 trucks would be lifted, potentially creating more competition.

"Calgary seemed to have a lot of interest, a lot of people that really like them," he said, adding the city has had consistent inquiries about launching food trucks.

"I would imagine that the market is going to dictate who's going to be successful or not."

James Boettcher, founder of YYC Food Trucks, currently works with 20 of the city's trucks, and said he sees the potential addition of new trucks as an incentive for existing trucks to create the best products they can.

"I think there's a lot of people that are actually in a holding pattern in terms of getting into the industry and they're actually at a slight advantage because they've got to see what business looks like prior to investing in it," he said.

"The cream will rise to the top; I think the best trucks will succeed."

Proposal

- The proposed bylaw would still include "no-roll zones" in certain Business Revitalization Zones such as Kensington and 17 Avenue.
- Trucks would also be prevented from parking within 25 metres of a brick-and-mortar restaurant, unless they receive the restaurant's consent.
- Pallister said the city is planning to host one more open house before the proposed bylaw comes before council.

Council discussion peers deep into Calgary's future

All talk. No decisions made, but discussion expected to guide growth policies that look decades ahead

Calgary is expected to grow almost entirely out — rather than up — over the next five years and council spent Monday talking about a plan to build more housing in developed areas.

It's called the Growth Management Framework and city planners describe it as a tool to "help align growth areas and infrastructure investment" to the objectives of the city's long-term development plan.

That plan calls for 30 per cent of growth to have occurred in developed areas by 2039 — a target the city is not currently on track to meet, according to planner Chris Jacyk.

"Not being on track is not necessarily an indicator that we'll never get there," Jacyk told council. "But it is a warning sign."

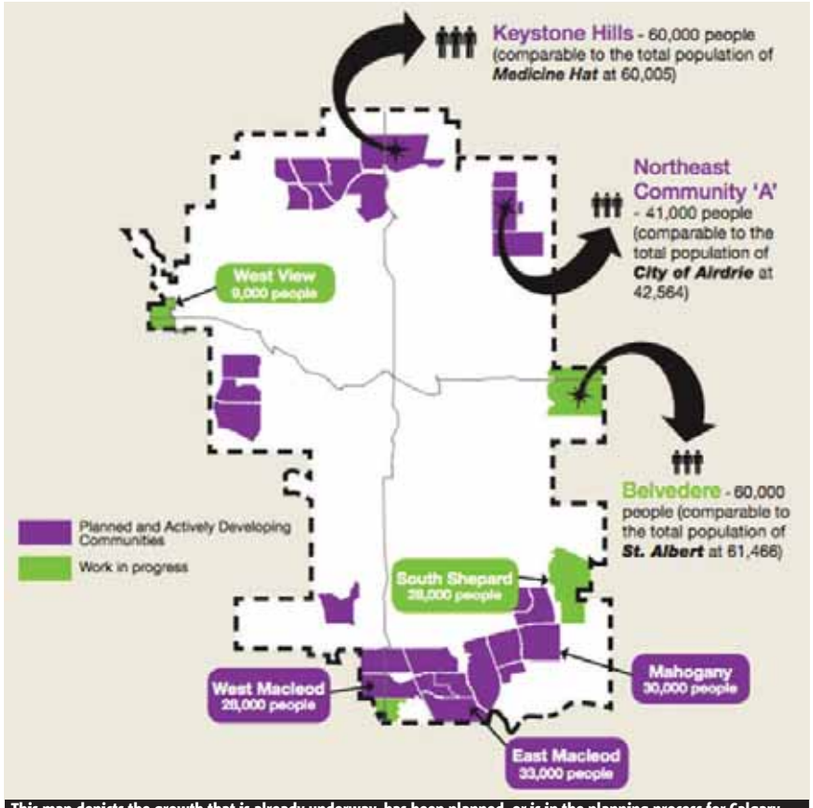
Ald. Peter Demong, however, noted the city has already made significant progress. "To say we're not on track to meet targets is somewhat disingenuous," he said.

Ald. Andre Chabot, meanwhile, said the 30-per-cent target is arbitrary. "The goal of the plan is to achieve sustainability," he said. "Sometimes we overcomplicate things and we lose the objective."

But Ald. Druh Farrell said sprawl inevitably costs the city more in infrastructure and services like transit and fire protection.

"That should be influencing how we design our city, if we're trying to keep our costs low," she said.

ROBSON FLETCHER/METRO


Keystone Hills - 60,000 people (comparable to the total population of Medicine Hat at 60,005)
Northeast Community 'A' - 41,000 people (comparable to the total population of City of Airdrie at 42,564)
West View 9,000 people
Belvedere - 60,000 people (comparable to the total population of St. Albert at 61,466)
Planned and Actively Developing Communities
Work in progress
South Shepard 28,000 people
Mahogany 30,000 people
West Macleod 28,000 people
East Macleod 33,000 people

This map depicts the growth that is already underway, has been planned, or is in the planning process for Calgary.
CONTRIBUTED/CITY OF CALGARY

Capacity

Planners anticipate Calgary to grow by 118,500 people over the next 5 years, with 94% living in suburbs.

- New communities that are underway or are in the planning process will provide capacity for 407,000 more people.
- The city expects to add 2,400 hectares of serviced land by 2014, providing capacity for up to 160,000 new people.

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Hounslow Drive.
Calgary police find grow op following house fire

Emergency responders uncovered a million-dollar grow operation in northwest Calgary last week after responding to calls of a house fire.

Police and firefighters were called to a home in the 0-100 block of Hounslow Drive N.W. on May 8 for reports of a house fire.

Once the fire was extinguished and the home was deemed safe for entry, emergency responders found a sophisticated marijuana growing operation in the basement.

"We have been in contact with the owner of the property and at this point we believe it was a rental property," said Det. Brad Weinberger of the arson unit, adding they're working to identify the tenants.

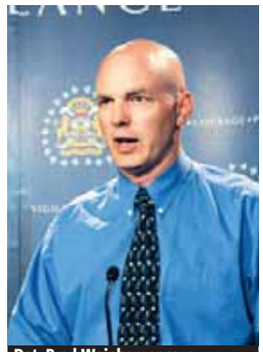
Officers seized growing equipment and 957 marijuana plants with a street value of $1.2 million.

Weinberger said an illegal electrical bypass is believed to have caused the fire.

Staff Sgt. Keith Hurley with the Alberta Law Enforcement Response Teams (ALERT) said in this incident neighbours told police when they suspected something was odd about the home.

"The role that neighbours play and the role that neighbourhoods play is key to our success in being able to combat this problem."

Police are asking anyone with concerns to call the drug tip line at 403-428-8100 or Crime Stoppers at 1-800-222-8477. KATIE TURNER/METRO


Det. Brad Weinberger says investigators are still working to identify the grow-op suspects.
KATIE TURNER/METRO

Call for reinstatement

Teachers group backs ACAD instructor

A national lobby group for teachers is backing a Calgary art instructor who was fired after one of his students beheaded a chicken as part of a school project.

The Canadian Association of University Teachers has filed a grievance demanding the Alberta College of Art and Design reinstate Gordon Ferguson.

Ferguson, head of the school's sculpture program, was fired last week.

The lobby group's executive director, James Turk, says it's unacceptable for a professor to lose his job because a student's work was considered controversial.

The student killed the chicken with a knife, then plucked it and cleaned it in the school's cafeteria.

Some students were so shocked they called police.

An online petition has also sprung up, calling for Ferguson's reinstatement. It had over 900 names Monday night. THE CANADIAN PRESS

Nordegg, Lodgepole still on evacuation

Crews work to contain blaze. Situation 'out of control' as high winds drive flames toward west-central hamlets

About 200 people remained out of their homes Monday as forest fires threatened two communities in the foothills of west-central Alberta.

Emergency evacuations were ordered Sunday afternoon for Nordegg and Lodgepole when high winds drove flames towards the hamlets.

Officials said all 100 of Lodgepole's residents had been accounted for and the highway in had been closed. An update issued by Brazeau County said the situation remained "out of control" and residents and industry were not being allowed into the area, about 100 kilometres southwest of Edmonton.

The fire was within two kilometres of the community. Water bombers and ground crews were working to contain the blaze.

Resident Evangeline Braun said being forced out was tough.

"You worry about do I have a home to go back to and do I have anything in it?" she said.

Another 100-plus people fled Nordegg and 60 registered at an evacuation centre at Rocky Mountain House, about an hour's drive away, although none stayed overnight.

Clearwater County spokeswoman Christine Heggart said between 45 and 55 people live in Nordegg year-round and there are a good number of seasonal residents as well. The county said everyone had left.

THE CANADIAN PRESS

Police block the highway into Lodgepole, which was evacuated Sunday and remained closed off on Monday as crews struggled to control a massive fire near the community. JASON FRANSON/THE CANADIAN PRESS

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Get a sneak peek at public art

Art lovers looking to get a look at the public art projects expected to pop up around the city in the coming year have the chance for a first glimpse later this week.

The City of Calgary Public Art Board will be hosting Sneak Peek: Public Art 2013 on Wednesday and are inviting those interested to take part in a series of presentations that not only will provide a look ahead at some of the projects but also will explain the process of selecting public art.

"We're trying to take the opportunity to engage with the public about the public art program and some of the things we've got in the works for the upcoming year," said board chairman Chip Burgess.

Concepts for eight projects, varying in size and scale, that will be installed in communities such as the Beltline, Inglewood, New Brighton and South Calgary will be shown.

Burgess said one of the highlights will be a presentation from artist Cliff Garten, who will talk about the design for an installation he's building called Luminous Crossing, which is slated to open along the West LRT this summer.

"We thought it was an awesome opportunity for people to come out and do a Q-and-A and just talk to one of these artists who is world-renowned," Burgess said. KATIE TURNER/METRO

How to register

Sneak Peek: Public Art 2013 will be held from 6:30 p.m. to 8:30 p.m. at the John Dutton Theatre at the Calgary Public Library. To register, visit yycpublicart.eventbrite.ca.

Highway 797

RCMP investigate fatal collision

Investigators believe failure to stop at a stop sign may have led to a fatal collision east of Calgary on Monday morning.

Strathmore RCMP say a Ford Focus travelling southbound on Highway 797 was struck by a westbound tractor-trailer at the Highway 22X intersection. The lone occupant of the Focus, a 50-year-old man, was killed. METRO

Cultural investment. Feds fork out $1.7M for Calgary arts programs

Twenty-three Calgary arts programs got a financial boost when the federal government announced funding for the groups Monday.

Canadian Heritage Minister James Moore, along with Calgary Centre MP Joan Crockatt, made the $1.7M announcement from the Epcor Centre for Performing Arts.

"These investments will ensure that Albertans have access to top-notch cultural activities right in their own backyard," said Crockatt.

Among the groups getting cash are Sled Island Arts Fellowship, the Calgary Centre for Performing Arts, the Calgary Philharmonic Orchestra, One Yellow Rabbit Theatre and the Calgary International Children's Festival Society. METRO

Mother's Day shooting.
Police identify New Orleans man as suspect

Police late Monday identified a 19-year-old man as a suspect in the shooting of about 20 people during a Mother's Day parade in New Orleans, saying several people had identified him as the gunman captured by surveillance camera videos.

Superintendent Ronal Serpas said officers were looking for Akein Scott of New Orleans. He said it was too early to say whether he was the only shooter.

"We would like to remind the community and Akein Scott that the time has come for him to turn himself in," Serpas said at a news conference outside of police headquarters. A photo of Scott hung from a podium in front of the police chief.

"We know more about you than you think we know," he said. The mass shooting showed again how far the city has to go to shake a persistent culture of violence that belies the city's festive image.

Earlier, police announced a $10,000 reward and released blurry surveillance camera images, which led to several tips from the community.

"The people today chose to be on the side of the young innocent children who were shot and not on the side of a coward who shot into the crowd," Serpas said.

The superintendent said SWAT team members and U.S. marshals served a search warrant at one location looking for Scott, and also visited two other blocks of interest.

He vowed that police would be "looking for Akein Scott for the rest of the night and tomorrow... and I would strongly recommend that Akeim turn himself in."

Serpas said Scott has previously been arrested for resisting arrest, possession of a firearm and narcotics charges, with a recent arrest in March. It was not immediately clear whether he had been convicted on any of those charges.

THE ASSOCIATED PRESS

'Are you human?': Abortion doctor found guilty of murder

Dr. Kermit Gosnell, pictured here in a March 2010 photo, was found guilty on Monday of killing three infants born alive during late-term abortions at his Philadelphia clinic. THE ASSOCIATED PRESS FILE

House of horrors.
Dr. Kermit Gosnell may face death penalty

A Philadelphia abortion doctor was found guilty Monday of first-degree murder and could face execution in the deaths of three babies who authorities say were delivered alive and then killed with scissors at his grimy clinic, in a case that became a flashpoint in America's debate over abortion.

Dr. Kermit Gosnell, 72, was also found guilty of involuntary manslaughter in the drug-overdose death of a patient who had undergone an abortion.

He was cleared in the death of a fourth baby, who prosecutors say let out a soft whimper before he snipped its neck. The jury will return May 21 to hear evidence on whether Gosnell should get the death penalty.

Former clinic employees testified that Gosnell routinely performed illegal late-term abortions past Pennsylvania's 24-week limit, that he delivered babies who were still moving, whimpering or breathing, and that he and his assistants "snipped" the newborns' spines, as he referred to it.

"Are you human?" prosecutor Ed Cameron snarled during closing arguments as Gosnell sat calmly at the defence table. "To med these women up and stick knives in the backs of babies?"

The grisly details came out more than two years ago during an investigation of prescription-drug trafficking at Gosnell's clinic in an impoverished section of west Philadelphia.

THE ASSOCIATED PRESS

Grisly details

"He created an assembly line with no regard for these women whatsoever."

Prosecutor Ed Cameron on abortion doctor Kermit Gosnell during the trial's closing arguments.

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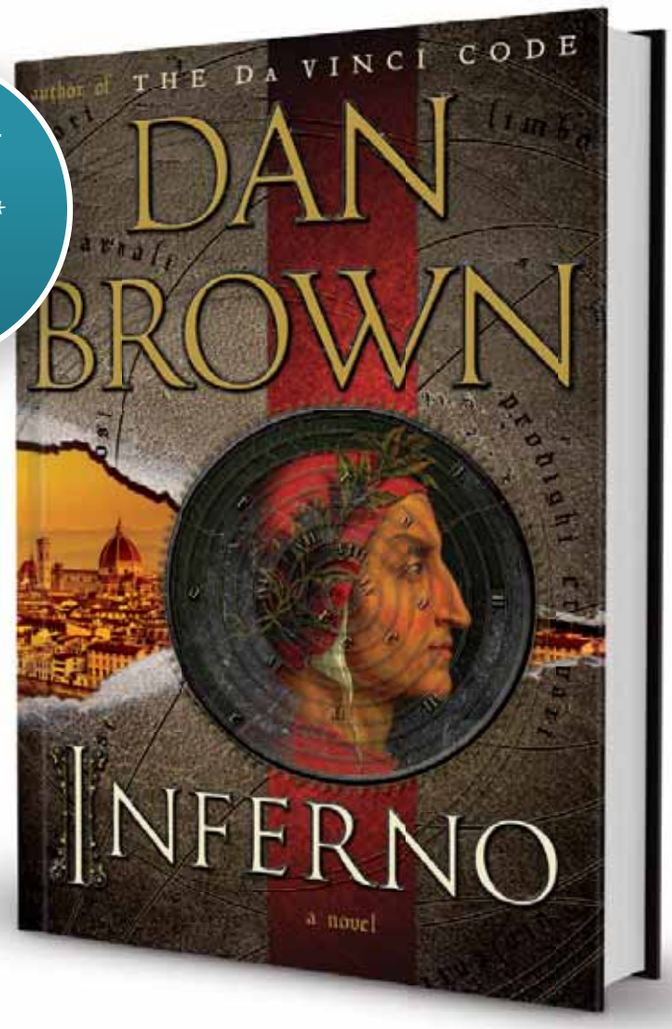

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Just politics? American administration files morning-after-pill appeal

The Obama administration on Monday filed a last-minute appeal to delay the sale of the morning-after contraceptive pill to girls of any age without a prescription.

The appeal asked a court to postpone a federal judge's ruling that eliminated age limits on the pill while the government appeals that overall decision. U.S. District Court Judge Edward Korman has said that politics was behind efforts by Secretary of Health Kathleen Sebelius to block the unrestricted sale of the Plan B One-Step morning-after pill and generic competitors. He ordered that the pill be made available without prescription and without age restrictions. He also denied a request to postpone his ruling while the government appealed. THE ASSOCIATED PRESS

Beehives stolen

Thief knows honey industry: Cops

Kawartha Lakes police are investigating the theft of beehives from a honey producer near Lindsay, Ont., northeast of Toronto.
Eight hives worth $1,600 disappeared last week.
Police said someone familiar with the industry is likely responsible.
THE CANADIAN PRESS

Bees tend to honeycomb cells. THE ASSOCIATED PRESS

Bugs can help fight world hunger: UN food agency

Mmm yummy! A plate of insects in Laos. THOMAS CALAME/THE ASSOCIATED PRESS

Feed the world.
Certain beetles, ants, crickets and grasshoppers come close to lean red meat in protein per gram

The UN has new weapons to fight hunger, boost nutrition and reduce pollution, and they might be crawling or flying near you right now: insects.

The Food and Agriculture Organization on Monday hailed the likes of grasshoppers, ants and other members of the insect world as an underutilized food for people, livestock and pets.

A 200-page report, released at a news conference at the UN agency's Rome headquarters, says two billion people worldwide already supplement their diets with insects, which are high in protein and minerals, and have environmental benefits.

Insects are "extremely efficient" in converting feed into edible meat, the agency said. On average, they can convert two kilograms of feed into one kilo of insect mass. In comparison, cattle require eight kilos of feed to produce a kilo of meat. THE ASSOCIATED PRESS

But are they tasty?

Insect farming is "one of the many ways to address food and feed security," the UN's food and agriculture agency said.

- Currently, most edible insects are gathered in forests, and what insect farming does take place is often family-run and serves niche markets.
- Insects are rich in copper, iron, magnesium, manganese, zinc and fibre.

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Canadian astronaut Chris Hadfield plays in the first music video from space, a cover of David Bowie's Space Oddity. CHRIS HADFIELD, NASA/THE ASSOCIATED PRESS

Singing spaceman back on terra firma

Touchdown. Astronaut Chris Hadfield puts out first music video made in space prior to return

Astronaut Chris Hadfield returned to Earth Monday night after a five-month mission at the International Space Station that saw him become the first Canadian to command the orbiting laboratory.

The 53-year-old touched down in Kazakhstan on a Russian Soyuz capsule, which was also carrying cosmonaut Roman Romanenko and NASA astronaut Tom Marshburn — the same pair Hadfield blasted off with on Dec. 19, 2012.

The journey was Hadfield's first return space flight inside the cramped Russian space capsule. The craft tore into the atmosphere before a parachute opened, slowing its descent until it hit the ground at 8:31 p.m. MDT.

Rescue teams moved quickly to help the crew in their bulky spacesuits get out through the narrow exit hatch. They were then put into reclining chairs to start adjusting to Earth's gravity.

The three astronauts smiled as they chatted with space agency officials and doctors. They then made quick phone calls to family members and friends.

In a statement issued after the landing, Prime Minister Stephen Harper said the astronaut has done an "absolutely remarkable job.... His highly effective use of social media has brought the miracle of space travel home to ... the entire world."

During his stay in space, Hadfield became a bit of an extraplanetary star. He tweeted photos, talked to schoolchildren, strummed his guitar and provided videos about daily life on the station.

In a high-flying first, Hadfield said his farewell to the station with a music video: his own custom version of David Bowie's Space Oddity.

It's believed to be the first music video made in space, according to NASA.

While Hadfield will be remembered most for the photography and music, his main task was performing experiments, examining changes to the spine, bone density and nutrition in space.

This trip is, in a sense, the end of an era for the Canadian space program. Now that Hadfield has landed, it will be at least three years before the next Canadian visits the space station. THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Online

A bitter-tweet goodbye

Chris Hadfield @Cmdr_Hadfield
Spaceflight finale: To some this may look like a sunset. But it's a new dawn. pic.twitter.com/WgyUihqEN
Hide photo Reply Retweet Favorite More
TWITTER SCREEN GRAB

By the numbers

850K Chris Hadfield has more than 850,000 Twitter followers.

5,330 In 1992, Hadfield was selected to become one of four new Canadian astronauts from a field of 5,330 applicants.

100 Hadfield was involved in more than 100 science experiments since he arrived on Dec. 19.

5 On March 13, Hadfield became the first Canadian to command the space station during the last part of his five-month stay.

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Inventive new hackspace launched in London

Where science meets hedonism. U.K. hub fostering a new era of mad scientists

KIERON MONKS
Metro World News in London

Red buttons flash before me. The oxygen levels are falling sharply and smoke floods the cockpit. "WARNING! Your pilot is drunk," the PA system announces. Moments later the craft swings out of control and we are finished.

Rather than floating in the Atlantic Ocean, we emerge into the backyard of a warehouse in central London, surrounded by half-built machines and imported beer. The spaceship simulator I just crashed is one of the star attractions at the launch of London's new hackspace, where innovation meets intoxication.

There are more than 1,000 hackspaces in the world, bringing together tech-minded people in community hubs from Iraq to Brazil, and this new arrival is believed to be the largest yet, with more than 700 paying membership fees. The launch party hopes to draw in many more and offers a diverse menu.

Deep underground, we visit the bio-hack lab, where genes are spliced and DNA is tested. "It will be the first completely public laboratory. You can have your meal tested for horsemeat," says hackspace trustee Mark Steward.

Down the corridor are the metal work labs, the 3D printers and a row of drills. Doors open at the swipe of hacked London travelcards, while smart readers on the wall show Internet connectivity and energy consumption. Food hacking offers liquid-nitrogen ice cream — slightly thicker than normal — and experimental cocktails.

"Drunk pilot" and ex-navy robotics expert Chris Paton prepares to launch the spaceship. KIERON MONKS/METRO WORLD NEWS

"It's the old meaning of hacking, which is building and creating," member and programmer Dave Ingram says. "There is very little 'cracking' — breaking into security systems — although we do workshops to learn how the systems work."

The space operates as a non-profit company, entirely owned and funded by its members. "It's a co-operative and you don't see those in London now," says founder Russ Garrett.

Hacking all over the world

A robot at the launch SUPPLIED

- **Noisebridge (San Francisco).** Award-winning space led by legendary hacker Mitch Altman. Noisebridge has launched its own space-exploration program.
- **Casa de Cultura Digital (Sao Paulo, Brazil).** Italian villa hosts underground media, technicians and popular arts festivals. Famous for supporting transparency initiatives and investigative projects.
- **c-base (Berlin, Germany).** The first hack space, launched in 1995. The Pirate Party was formed here, as well as leading hacker network the Chaos Computer Club.
- **Fikra space (Baghdad, Iraq).** Crowd-funded "idea space" opened in 2012 — the first of its kind in the war-torn nation.

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Brazil's booming auto market rife with unsafe cars

Sao Paulo. Thousands die yearly in accidents that frequently should not have proven fatal

The cars roll endlessly off the local assembly lines of the industry's biggest automakers, more than 10,000 a day, into the eager hands of Brazil's new middle class. The shiny new Fords, Fiats, and Chevrolets tell the tale of an economy in full bloom that now boasts the fourth largest auto market in the world.

What happens once those vehicles hit the streets, however, is shaping up as a national tragedy, experts say, with thousands of Brazilians dying every year in auto accidents that in many cases shouldn't have proven fatal.

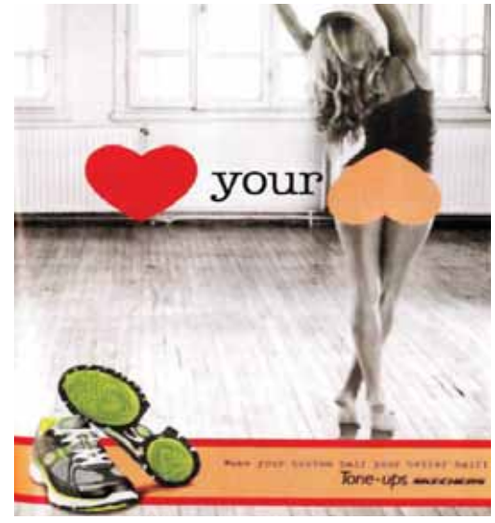
This 2011 photo released by Proteste, a consumer defence group, shows a crash test on a Chevrolet Celta vehicle in Brazil. PROTESTE/THE ASSOCIATED PRESS

The culprits are the cars themselves, produced with weaker welds, scant safety features and inferior materials compared to similar models manufactured for U.S. and European consumers, say experts and engineers inside the industry. Four of Brazil's five bestselling cars failed their independent crash tests.

Unsafe cars, coupled with the South American nation's often dangerous driving conditions, have resulted in a Brazilian death rate from passenger car accidents that is nearly four times that of the United States, according to an Associated Press analysis of Brazilian Health Ministry data on deaths compared to the size of each country's car fleet.

In fact, the two countries are moving in opposite directions on survival rates — the U.S. recorded 40 per cent fewer fatalities from car wrecks in 2010 compared with a decade before. In Brazil, the number killed rose 72 per cent, according to the latest available data.

THE ASSOCIATED PRESS



Sketchy claims cost $40M

A federal judge in the U.S. has approved a $40 million US class-action settlement between Skechers USA Inc. and consumers who bought toning shoes after ads — such as the one pictured above — made unfounded claims that the footwear would help people lose weight and strengthen muscles. U.S. District Judge Thomas B. Russell approved the deal Monday in Louisville, Ky. The agreement involves the company's Shape-ups, Resistance Runner, Podded Sole and Tone-ups shoes. FEDERAL TRADE COMMISSION/THE ASSOCIATED PRESS

Florida

BlackBerry Live kicks off in Orlando

BlackBerry will pull out all the stops this week as the firm welcomes thousands of industry players for BlackBerry Live, its annual three-day conference. CEO Thorsten Heins will take the stage Tuesday to deliver a speech that could reveal a lower-priced version of its latest phone and some clues about whether the company plans to abandon tablet technology forever.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.91¢ (+0.02¢)

TSX 12,529.55 (-59.54)

OIL $95.17 US (-87¢)

GOLD $1,434.30 US (-$2.30)

Natural gas: $3.94 US (+3¢)
Dow Jones: 15,091.68 (-26.81)

Workplace conditions

H&M supports Bangladesh safety accord

Swedish fashion retailer H&M said Monday that it will sign up to a legally binding fire- and building-safety plan drawn up by unions in Bangladesh, following the deaths of hundreds of garment workers in a building collapse there last month. The company described safety issues as "extremely important," saying that it supports the Accord on Fire and Building Safety in Bangladesh, initiated by IndustriALL Global Union. THE ASSOCIATED PRESS

A view of the new Oxford Circus H&M flagship store in London in March. GETTY IMAGES FILE

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YOUR SNEEZE HAS A SILVER LINING

SHE SAYS

Jessica Napier
metronews.ca

From the cherry blossom trees lining the streets of Vancouver to Ottawa's brightly coloured tulips, the country is truly in bloom. Unfortunately for some of us, the pleasures of springtime are obstructed from view as we spend most of the season with our faces buried in a handful of tissue.

Seasonal allergies aren't exactly a high-profile disease; there's no colourful ribbon campaign for hay fever and no celebrity spokesperson to offer tips on overcoming itching, watering eyes. Telling someone you have allergies usually garners the same amount of sympathy as mentioning you have a nasty paper cut. And yet, for a few weeks of the year allergies are so much more than a minor annoyance — they are a totally life-ruining experience.

Thirty per cent of Canadians test positive to one or more allergens, which means there are plenty of us loading up on a potent cocktail of antihistamines, eye drops and triple-shot lattes just to make it out the door in the morning. Record-breaking precipitation throughout the winter and high levels of carbon dioxide in the air are nurturing pollen-producing trees and plants across the country. Increased moisture and delayed springtime temperatures have caused airborne pollen counts to skyrocket, which is making this allergy season (like every one before) feel like the Worst. Year. Ever.

My annual springtime ritual involves bookmarking the Weather Network's online pollen forecast, barricading my apartment windows and waiting desperately for the heat of summer to arrive. I occasionally leave my cocoon of isolation to trek to the drugstore, where I spend obscene amounts of money on antihistamines in the hopes that maybe this year someone has developed a new formula that actually works. Over-the-counter medications are costly and usually ineffective but I won't deny that I enjoy the sedating and mildly addictive feelings of drowsiness that come with a heavy dose of nighttime medication.

But could there be a silver lining to these weeks of allergy-related anguish?

Some scientists purport that allergic reactions have evolved over the years as a way for our bodies to expel germs, carcinogens and other harmful toxins. The symptoms of typical pollen allergies — repetitious sneezing, runny noses and the unrelenting sensation of wanting to claw your eyes out — might actually be the body's way of protecting itself against potentially mutation-causing environmental contaminants. Numerous studies have linked allergy sufferers to reduced rates of various types of cancer — including ovarian, lung, skin, throat and intestinal cancers.

A sensitive body that's constantly on the defensive might not be such a bad thing. Despite our weak exteriors, those of us made miserable by seasonal allergies are actually stronger in some ways than the average person — even if a bunch of brightly coloured flowers can reduce us to a teary, snivelling mess.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

A fish's final moment

DR. ANDREW LEE/SOLENT NEWS

I'm going to bite you now

This cormorant bird does its own fishing by waiting patiently before pouncing to catch a rainbow trout in its bill.

The two animals even appear to look each other straight in the eye before the bird enjoys its lunch. Amateur photographer Andrew Lee captured this moment at El Dorado Regional Park in Long Beach, Calif.

The photographer recalls the bittersweet moment when he captured this unique image of the natural world.

"I felt a little sad for the fish, but I took comfort in knowing that I would be able to tell a story of the fish's final moment," says Lee.

"I hope that the photograph shows the viewer the daily struggle of the hunter and the hunted." METRO

Lunch

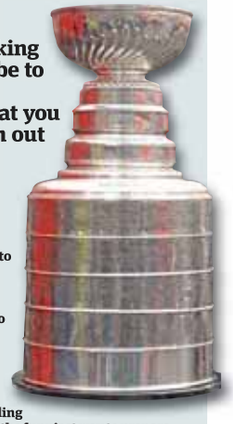
"It happened in a split second. The bird was able to grab the trout before the fish disappeared into the lake. I was surprised with how big the fish was and wondered if the bird would be able to swallow it — and it did."

Andrew Lee, pricing and portfolio manager and amateur photographer, from Irvine, Calif.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The first round of the Stanley Cup playoffs is behind us, making this the perfect day to subscribe to some puck-talk podcasts for fearless playoff predictions that you can later mock when they turn out to be horribly wrong.



Marek vs. Wyshynski

Anchored by the absurd enthusiasm of Greg Wyshynski and the absurdly encyclopedic knowledge of Jeff Marek, and buoyed by regular features like Game Show Friday, MvsW manages to keep a metric ton of hockey talk fairly breezy.

Backhand Shelf

The audio arm of The Score's hockey blog tends to the stats-heavy side of things, which is always a fun way to confirm your own biases.

Tim And Sid

OK, so this one is cheating since it's not strictly hockey and it's not at all a podcast. But downloading this Toronto duo's afternoon radio show is easily the funniest way to prepare yourself for emergency sports conversations. Give yourself a week to acclimate to the inside jokes.

Comments

RE: Hard Drugs Offer Hope In Mental Health Crises, published May 9

Speaking as someone who works in harm reduction, calling mushrooms, LSD, and MDMA 'hard' drugs is pretty laughable.

I had a very interesting conversation with one of the foremost drug policy experts in the world on exactly this subject — the war on drugs is preventing us from pursuing therapies that offer real hope to countless people who suffer horribly from mental illness.

Cameron Reid posted to metronews.ca

I'm guessing it would be a limited use type of thing, surely no one would want to be off the planet constantly, but if they can take the good and leave the bad and come back with a new perspective on their problems then maybe that is all that is needed for people to move forward.

Why on Earth are mushrooms hard drugs? Isn't it a natural medicine that has been used for thousands of years?

Patrick Cameron posted to metronews.ca

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The future of television

Power to the people. You, the consumer and producer, are in the driver's seat as the entertainment industry shifts gears

ELISABETH BRAW
Metro World News

More people are tossing their remotes and reaching for their tablets. ISTOCK

Watching shows on your tablet while your TV set is collecting dust? Producing short videos yourself? You're not alone.

Entertainment is changing so rapidly that TV may soon be passé. Netflix has its own TV show (online). Amazon is planning to launch online entertainment. YouTube already has over one billion clicks per month and is rumoured to be planning the launch of a subscription service for several top channels.

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment," explains Aymar Jean Christian, a professor of media, technology and society at Northwestern University in Illinois. "People like content that's geared toward them. For example, there's no TV show for gamers because they're a niche audience, but on the Internet there are show channels geared toward them."

And we're migrating to smaller devices, too. "Entertainment is expanding from laptops and tablets to phones," observes Alexander Halavais, president of the Association of Internet Researchers. "You can already watch full-length movies on your phone. But most people don't, so this has created a new genre: something between movie and still images."

The Vine and Keek apps allow users to make six-second videos by splicing together several images.

Smartphones with their built-in cameras, which can be directed toward the user more easily than cameras, will accelerate the citizen-producer boom. This me-focused, self-produced entertainment for niche audience is chipping at the near-monopoly of professionally made shows for a general public.

Notes Halavais: "People are at an event, capture the event with their camera phones and then turn the camera to themselves to show their reaction. You could say, 'Why would it be interesting to see people's reaction to an event?' but that's the same thing many of us said when Twitter was born..."

Viewers are becoming involved with TV shows, too, submitting plot ideas and even funding films, as was the case with the Veronica Mars movie. And there will always be a niche for professionally-made shows. Observes Prof. Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University: "Many of my students don't even have a TV set in their homes — they watch shows online. But TV isn't dead just because the distribution has changed."

ON WEDNESDAY METRO TALKS TO YOUTUBE BOSS ROBERT KYNCL ABOUT THE FUTURE OF ENTERTAINMENT.

Sports. Online streaming embraced by legit sites

Every week, millions of people enjoy live sports on their favourite screen — and don't pay a dime for it. That's because thousands of websites, often hosted in countries with a weak rule of law, illegally stream sports events. But as soon as one website is shut down, another one pops up. Now sports channel ESPN has embraced the trend, offering free streams on its web-

Netflix series. Old product, new delivery

House of Cards, Netflix's hit drama series, is streamed online, but with its traditional structure, it looks just like prime-time TV fare. This is the entertainment of the future. The show is based on consumer input. "Netflix chose Kevin Spacey for the lead role because they had surveyed their viewers and knew that he was popular," says Prof. Aymar Jean Christian, of Northwestern University.

"They monitor how we watch, when we pause a film, which episodes we watch," says Chuck Tryon, author of new book On-Demand Culture: Digital Delivery and the Future of Movies. "It has the potential of serving as a test-screening."

MWN

Three companies to watch

These companies are pushing the boundaries of entertainment.

- **Twitch: Online gaming ESPN-style.** On the platform Twitch, more than 30 million users every month play electronic games — but they also broadcast their own games and instant message with each other. Imagine TV sports channel ESPN combined with gaming and social media. "This is really entertainment," explains co-founder Emmett Shear, 29. "And it's as much social media. On any given day, over two million users exchange chat messages."
- **Earbits: Spotify for garage bands.** Say you're a new band, you can't afford to advertise or pay for an agent. There's an app for that — Earbits, a platform for music artists. "Consumers can find new music and the industry can find customers," CEO/founder Joey Flores tells Metro. "Users share things and follow bands from the platform."
- **Vine & Keek: Top sites for social videos.** Social video is the new Twitter. Indeed, Twitter has its own social video app, Vine, and Toronto-based Keek gets 3.2 billion page views each month. "Social video is more useful than Twitter because you really get to see people's lives," Keek founder and CEO Isaac Raichyk tells Metro. "Our videos are 36 seconds for a reason: you can tell a story about yourself, and still it's short enough that people want to watch." (These vids have a name, too: keeks.)

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Just a single baby? Will Beyoncé be touring with bun-two in the oven?

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone! Listen up: The New York Post is citing multiple sources that Beyoncé and her husband Jay-Z are expecting their second child. Their reps are not responding to calls for clarification.

Here's why this is dubious: Beyoncé is in the middle of a giant world tour blockbuster extravaganza; millions and millions are on the line.

The Mrs. Carter Show World Tour ends Aug. 5 in Brooklyn.

People love Beyoncé but people shell out major bucks for tickets to see Beyoncé doing her thing and getting all Sasha Fierce on stage.

Not a pregnant Beyoncé having to sit in a chair while on stage, which is the exact opposite of Sasha Fierce. That is Sasha Convalescence.

But, of course, she could strut through it bump and all as if we haven't figured it out by now, Beyoncé exists to make us all feel terrible about ourselves.

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Of pills and pounds: Lohan scared of the scales without meds?

Lindsay Lohan is reportedly not adjusting too well to her new digs at the Betty Ford Center, but she'll be in even bigger trouble if she doesn't stay put, according to Radar Online. Sources say Lohan is threatening to bail on the rehab facility and continue her court-ordered stint elsewhere because doctors there allegedly refused to let her take the prescription drug Adderall. "Lindsay is absolutely freaking out about the prospect of gaining weight now that Adderall has been taken away," a source says. "Lindsay has been able to eat whatever she has wanted and not gain weight for years, and she attributes this to Adderall." But a change of venue is definitely not in the cards, another sources explains. "The judge overseeing Lindsay's case has made it crystal clear that if she defies the agreement, it's jail time," the source says.

Selena Gomez and Justin Bieber

Scoop her up: Looks like Gomez is back in the game

This is getting difficult to keep track of. Apparently things are off again for on-again, off-again couple Justin Bieber and Selena Gomez — at least according to Gomez. When asked by a DJ at Boston's Kiss 108 during an interview if she's be available should a boy stop her on the street and ask her to grab some ice cream, she replied, "Yep!" She gave another "yep" when the DJ clarified, "You're completely available in every way?" Not only that, but apparently the ice cream approach is a good idea: "By the way, that would be awesome if someone asked if I wanted ice cream because that would be cool," Gomez said.

A reason to revive your cable: Jack is back

Jack Bauer is set to have another pretty terrible day, as Fox's real-time action series 24 will return next year with a limited-run, 12-episode series, 24: Live Another Day, the network announced this week. Series star Kiefer Sutherland will return as anti-terrorism agent Jack Bauer, whom he played for eight seasons until the show wrapped up in 2010. For this new, condensed version, the 12 one-hour episodes will cover another 24-hour period in Bauer's life.

"The response to 24 is unlike anything I have ever experienced as an actor before," says Sutherland.

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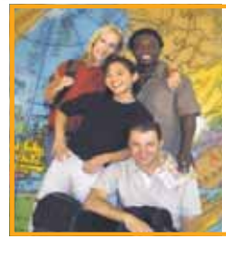
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Hang loose and get ripped

Fitness. Founder of The People's Bootcamp gave us a sneak peak of his new workout, based on the beach bum lifestyle, called WaveShape

MEREDITH ENGEL
Metro World News

Those surfers you see killin' it on the waves? They weren't born with that ripped bod. All of that paddling and popping up and down in the water "creates that long, lean physique," says celebrity fitness trainer Adam Rosante, the founder of The People's Bootcamp. He created a new workout called WaveShape to help you get the surfer's body of your dreams.

Rosante's workout is based in a framework he dubs "power intervals," which improve endurance. The moves are done over a series of 30 seconds, so you can focus on form, not reps. You can learn the full series (12 moves) when it launches June 1 as a free online community with video at getinwaveshape.com. Rosante gave us a sneak peak at five of the moves that'll get your body in surf shape.

Step 1

Leg Rippers

Stand with feet slightly wider than hip width apart. Interlace your fingers and raise your hands over your right shoulder. Brace your core, open your chest and pull your shoulders down your back. Step out to the left into a side lunge, be sure to push the hips back and keep the left knee behind the toes, as you bring your hands down diagonally across your body to the outside of your left foot. Return to centre, raising the left knee high as you explosively jump off the right foot. Land softly. Repeat on the left side for the full 30 seconds, then switch and perform the move with hands over the left shoulder, stepping out to the right.

Step 2

Agility Jumps

Stand with feet slightly wider than hip width apart. Brace the core as you bend the knees into a low squat, arms extended behind the back for stability. Pause only briefly at the bottom of the movement and explosively jump up and forward over an imaginary line far out in front of you. Land softly, pushing the hips back to absorb the impact, and immediately jump backward to land in the starting position. Repeat the jump, this time turning the body mid-air to land 180 degrees in the opposite direction. Once again, repeat the 180 jump to land softly back at the starting position. That's one rep. Continue repeating.

Step 3

Tap Dogs

Assume a push-up position with wrists directly under shoulders. Tap the left shoulder with right fingertips and return the hand to the floor. Tap the right shoulder with the left fingertips and return the hand to the floor. Perform a pushup. At the top of the motion, brace the core as you extend the right arm and left leg until they are parallel to the floor. Lower the arm and leg. Now extend the left arm and right leg until parallel to the floor. Lower the arm and leg. That's one rep. Repeat.

Step 4

Surfies

Begin in a squat position with your hands on the floor, wrists positioned under your shoulders. Kick your feet back to a plank position. Immediately shoot the feet forward, twisting your torso and lower half so that you land facing left. Stand tall as you open the chest and squeeze the core and glutes. Twist back down to the right to place hands back in the starting position and kick the feet back to the starting position. You should be right where you started at the top of a plank position. Repeat, this time twisting to the right. Continue alternating sides. As you perform the move, you should look like a surfer popping up on a board.

Step 5

High-Lows

Assume a push-up position with wrists directly below the shoulders. Slowly lower the left forearm to the floor, elbow directly below the shoulder, and then the right forearm. Return, one hand at a time, to the top of a push-up position. Continue lowering and raising.

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A new way to approach gluten

Gluten could be giving you pain and you might not know it. ISTOCK PHOTOS

Health. Dr. Arthur Agatston, who created the South Beach Diet, thinks that gluten allergies are under-diagnosed

LINDA CLARKE
Metro World News

The gluten-free trend continues to rise, recruiting legions onto the no-wheat bandwagon. But now, it's not just people totally intolerant to gluten who are giving up the protein.

Dr. Arthur Agatston, a cardiologist who authored The South Beach Diet, has followed up with South Beach Diet Gluten Solution. The book isn't just for people diagnosed with gluten intolerance (celiac disease), he says — it's for everyone.

"I think everyone is on the gluten-sensitive spectrum to some degree," says Agatston. "I am convinced it is the most under-diagnosed medical condition of our time."

Think gluten-free

"I think everyone is on the gluten-sensitive spectrum."
Dr. Arthur Agatston
Author of The South Beach Diet Solution

Gluten is a protein found in highest concentration in wheat. Some grains like quinoa or oats have none.

Gluten can damage the small intestine, which is where nutrients from food are absorbed.

"If gluten is not properly digested, it begins to poke holes in the lining and harms the small intestine," says Agatston.

The issue isn't really gluten, he says, but that "it's in everything."

"Our bodies are inundated with it now, creating sensitivity. ... Most of us need to be gluten-aware and restrict ourselves."

Agatston says that lowering gluten intake can improve focus and energy, heal chronic skin conditions and relieve anxiety.

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Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
www.bikini-plan.com
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Two perspectives of a major milestone: high school graduation

Cap and gown. A mother and daughter share their thoughts ahead of the big day

THERESA ALBERT
AND JAMESON RATCHFORD
life@metronews.ca

Jameson Ratchford, left, with mom Theresa Albert. PROVIDED PHOTO

Mom says:

It's the anticipation of the emptiness that is the worst. Will the whole day fall apart when she is isn't home for dinner?

For 18 years the structure of our home and our lives has revolved around her. From night feeding to after school programs and daycare and, later, to dance class and dates. Whether she knew it or not, our entire process ebbed and flowed with what she needed. The communication between mom and dad needed to happen for her benefit. Now that it is just two capable adults, who will be home for dinner? Who will make it? Who will care?

Suddenly the music blaring from the bathroom during her morning shower doesn't annoy me at all. So what if I can't think enough to work? I stop and realize that this joyful noise will soon be silence.

Her backpack, boots, dishes, books, scarves and dance clothes clutter my hallway. I bend to pick them up lovingly now, not resentfully.

I can pass by her room and look at the teen mess and smell the waft of one too many hair, face and body products and not feel like gagging. I choke back the tears instead. I go in and breathe deeply.

Time won't stop barrelling down on us but I can stop the moment from flying away by appreciating it for all its beauty.

What saves me from crying is the knowledge that she isn't really going anywhere.

She is growing her life and she will bring it back home twofold. New friends and their noise, dirty plates and laughter will join. New books and ideas will inspire as they are being learned by her. She may meet her life partner and the group will grow, not shrink. That is all that has ever been asked of her — keep growing. The day to day may change, but the big picture remains the same.

Daughter says:

For a while, I was thinking about graduation as just a day, a few hours before the rest of my life.

Until recently, when I realized that graduation and its status as a rite of passage has lost its grandeur. Graduation is a full stage in our lives because the series of events that lead up to it and the events that follow can define us.

To our cohorts we can be known for the post secondary school we have chosen to attend after the comfortable confines of our high school. To our neighbours who watched us grow and who trust us with their kids on date night, we can become known as a teen who speeds up the street in their parent's minivan or the kid who shovels every day for those who can't in the winter, or both. To our closest friends, nothing really changes apart from the sudden onslaught of a sense of "never enough time."

Most importantly, to our parents, we are no longer the loud morning shower music, the stray socks and boots in the hall to trip over or the slamming doors. We become "remember whens," pickers on a money orchard and fleeting moments.

The cap and gown fever may only last a few hours but our memories of this time simply can't be forgotten.

THERESA ALBERT IS A REGULAR CONTRIBUTOR TO METRO AND HER DAUGHTER, JAMESON RATCHFORD, HAS CHOSEN GUELPH UNIVERSITY TO ATTEND IN THE FALL. SNIFF/YAY!

It could be a hot stock summer ... or not

Alison on money. Thinking about selling your stocks and getting back in the market in November?

YOUR
MONEY
Alison Griffiths
money@metronews.ca

It's May, so is it time to sell and go away until St. Leger Day? That's the old stock market saying. St. Leger Day, by the way, was the last British horse racing event of the season in mid-September. Presumably, stock market traders then got back to work after betting on the ponies all summer.

On average, late spring to Halloween contains the two worst months for the stock market, September and October and the most volatile month, May.

Market timers often try to get ahead of this trend by selling out in May and getting back in before the stronger markets of November to April. This is especially true after stocks have soared, as they have done since the sag of November 2012.

The Dow Jones and the S&P 500 have hit record highs. The Canadian market, now under 13,000, is well off its 2008 high of 15,073, but it has started to find its legs.

Up and down May

May has been an up month for stocks 35 times since 1950 and a down month 28 times.

These numbers make investors nervous that the end is nigh. Previous busts such as the financial collapse of 2008 underscore the fact that good times don't last forever.

The trouble is, we investors tend to be lousy when it comes to market timing, seasonal or otherwise.

Who knows if this will be a summer from hell? But there is one way to protect yourself should it come to pass.

Look at your investment statement (or ask your advisor) to determine what percentage you have in equities. It has likely risen significantly over the past couple of years.

That means it's time to prune equity investments or devote new money (RRSP contributions, for example) to fixed income. The latter is much easier to do than the former.

We humans hate to sell something that is going up.

However, if you want 50 per cent in equities for your RRSP and it is now sitting at 70 per cent or more, you are exposing yourself to risk.

Remember, stock market declines usually happen too quickly for regular investing folk to react. So be proactive, even if it means missing out on a hot stock summer.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Balance sweet mangoes with staple Mediterranean flavours

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

My favourite salads are those combining fruit, an intense cheese and a sweet vinegar dressing — like this one.

Mangoes contain an abundance of beta carotene and antioxidants, which are thought to prevent disease. You can substitute ripe pears, peaches, strawberries or blueberries (also an antioxidant) for the mango.

Nutritional analysis

155 calories, 3.3 g protein, 9.1 g fat, 1.7 g saturated fat, 15 g carbohydrates, 3.4 mg cholesterol, 210 mg sodium, 2.4 g fibre

Ingredients

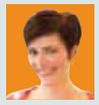
- 4 cups torn, mixed salad greens
- 1 Belgian endive, sliced
- 1 small head radicchio, torn
- 1 1/2 cups diced ripe mango
- 1/3 cup light feta cheese, crumbled
- 1/3 cup sliced black olives
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp liquid honey
- 2 tsp sesame oil
- 1 tsp minced fresh garlic

1. Toss greens, endive, radicchio, mango, cheese and olives together in a bowl.

2. Whisk vinegar, olive oil, honey, sesame oil and garlic together in a bowl. Pour over the salad and toss to coat. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Chive jive



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

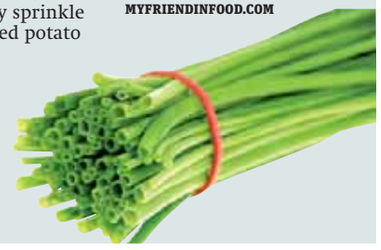
Even before the crocuses and bluebells in my garden, the chives started pushing through the yet to be removed dead leaves of last fall. The great part about chives is that they can be trimmed at this early stage and keep you in oniony snips right through fall.

Chives contain allicin, which can lower cholesterol and blood pressure. They are also high in antioxidants and are believed to be anti-fungal. With all that going for them, it is a shame we only sprinkle a little on a baked potato once in a while.

Try this:

- In a blender, blend one cup of extra virgin olive oil, half a cup chopped chives, juice of half a lemon, pinch of salt and a teaspoon of honey. Use as a drizzle for grilled fish or chicken.
- Mince chives and add to pancake batter to create a savoury side dish.
- Add to scrambled eggs.
- Blend into softened butter and freeze in teaspoonfuls, top a sizzling steak with a dollop.
- Chop and freeze in ice cube trays to add to dips, dishes and dressings.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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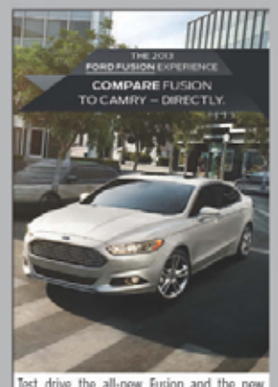

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Make equal education for girls academic

Nurnahar is a 15-year-old girl living in the community of Hatibandha in Bangladesh. Her parents have no formal education, and while her three younger siblings still attend school, Nurnahar couldn't continue her studies after completing Grade 5 because it was too difficult and dangerous for her to travel to a secondary school on the mainland. Nurnahar helps her siblings with their studies, but still dreams about being a student.

"I wish we had a high school in our community so that every girl could get higher education," Nurnahar says.

Girls like Nurnahar don't have much opportunity to get an education.

"Hatibandha and communities like it are challenged by poor quality of education — untrained teachers and lack of supplies," explains Sangita Patel, director of program management for Plan Canada. "There are also significant safety issues that make it very difficult, particularly for girls. Only seven per cent of secondary school students are girls. Their safety is at risk travelling long distances to secondary schools. To complicate things, Hatibandha is only accessible by boat during the long rainy season. It's a particularly tough place to grow up and the need in this area is very significant."

Nurnahar cooks with her mother.

PHOTO COURTESY OF PLAN CANADA

That's why Plan Canada is asking the people of Calgary to help out with a sponsorship of $37 per month for Hatibandha.

"Our goal is to see all children realize their right to education — getting to school, staying in school and receiving a good quality education," Patel says. "We'll be working with the teachers to ensure that they're getting the essential training and resource materials they need. And we'll be building separate latrines and dormitories for girls, and arranging boat transportation to make school more accessible."

Helping the girls of Hatibandha get a better education is an important first step to solving another big problem — childhood marriage.

"By providing better education, we can help girls get better jobs to assist their families financially and invest in their own futures," Patel says. "I've lived and worked in Bangladesh and I can't overemphasize the value of education to help these girls with their confidence, self-esteem and realizing their potential."

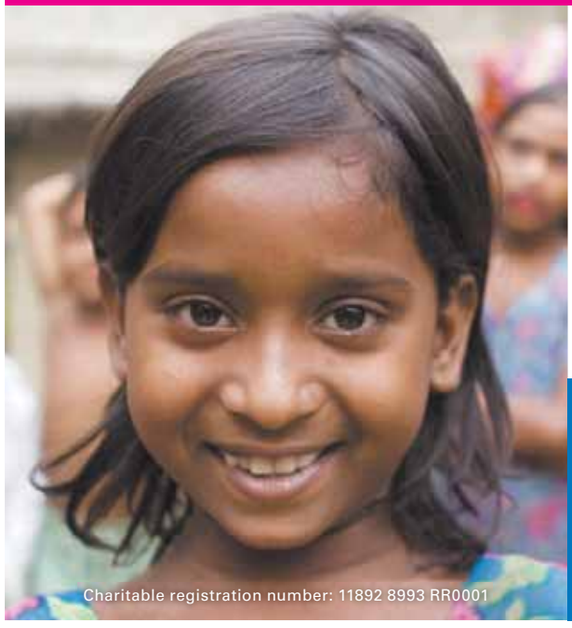
Olympic gold medallist and Calgary resident Hayley Wickenheiser is proudly stepping forward to help create awareness of this sponsorship program. Being one of the first female professional hockey players in the world, she believes strongly in the power of girls.

"Plan's Community Sponsorship in Bangladesh is going to give girls the opportunities they need to succeed, including an education, so they can build a bright future for themselves and for their families and communities," Wickenheiser says. "I fully support that goal."

Join Wickenheiser and support Plan Canada's Community Sponsorship program in Hatibandha by making your $37 per month pledge at **plancanada.ca/calgaryhelps**. Invest in the girls of Hatibandha — and help transform their lives and the entire community.

Girls have the potential to change the world, but they can't do it without you.

Hayley Wickenheiser
Olympic Champion and first female professional hockey player.



Charitable registration number: 11892 8993 RR0001

Right now, girls in the developing world are denied basic human rights, simply because they are girls.

We can change that, Calgary, for just $37 a month. By sponsoring the impoverished community of Hatibandha, Bangladesh, we can **educate girls, reduce child mortality** and **fight child marriages.** Together, we'll help girls lift themselves—and their community—out of poverty.

When you invest in girls, you transform their community.

Sponsor today at
plancanada.ca/calgaryhelps

Plan because I am a GIRL

Bruins Brad Marchand, left, Patrice Bergeron and Tyler Seguin celebrate Bergeron's overtime goal on James Reimer on Monday night in Boston. The Leafs' season ended after they blew a 4-1 third-period lead. JARED WICKERHAM/GETTY IMAGES

Leafs let B's up off their knees in Boston

NHL playoffs. Bruins erase three-goal deficit to break hearts in Toronto and punch ticket to second round

Game 7

Bruins	Maple Leafs
5	4

The Leafs' exit from the playoffs was another 18-wheeler going right off a cliff. Sudden, shocking and final.

Up 4-1 over the Boston Bruins nine minutes into the third period of Game 7 Monday night, Toronto seemed destined to add to its history with a third straight win to seal a comeback from a 3-1 deficit in the series. That hadn't happened for the franchise since the 1942 Stanley Cup final against the Detroit Red Wings.

But with a snarling Milan Lucic leading the way back for Boston, a stirring series comeback turned into total collapse.

Boston reeled off three straight goals — including two with Tuukka Rask off for the extra attacker — to tie the game at 4-4. Then Patrice Bergeron scored at 6:05 of overtime to cap a miraculous 5-4 recovery for a Bruins team that seemed to be on life support.

"They had us on the ropes," said a relieved Boston coach Claude Julien. "We're not going to sit here and lie."

The Bruins are the first team in NHL history to win a Game 7 after trailing by three goals in the third period, according to the Elias Sports Bureau.

"It just seemed like we ran out of gas," said Toronto coach Randy Carlyle.

"Losing is tough and losing the way we did ... explain how and why it happened," he added.

There will be a lengthy postmortem once the emotions subside.

It had looked like two early goals by defenceman Cody Franson would be enough to propel Toronto into the next round. THE CANADIAN PRESS

NFL

Nix steps down as GM of Bills

Not getting any younger and confident he's put in place a young foundation capable of turning the Buffalo Bills into a winner, Buddy Nix called this the right time to step down as general manager on Monday.

"I think at some point, you've got to step aside and let young guys that are qualified have their shot," Nix said during a hastily called news conference shortly after Bills completed a voluntary mini-camp practice.

The 73-year-old Nix will not be leaving the team entirely. He'll instead move into a newly created role as a special assistant.

Though the Bills did not immediately announce Nix's replacement, the team has spent much of the past year grooming assistant GM Doug Whaley to succeed Nix.

THE ASSOCIATED PRESS

NHL awards

Finalists for GM of the year announced

Marc Bergevin of the Montreal Canadiens, Bob Murray of the Anaheim Ducks and Ray Shero of the Pittsburgh Penguins were named Monday as first-time finalists to be the NHL's general manager of the year.

Voting for the award was conducted among the league's 30 general managers and a panel of NHL executives, print and broadcast media. The winner will be announced during the Stanley Cup finals.

THE ASSOCIATED PRESS

Canada caps prelims with narrow win

Steven Stamkos scores Monday's winning goal against Slovenia. JACQUES BOISSINOT/THE ASSOCIATED PRESS

A lapse of concentration in their most recent game aside, the Canadians have melded into a contending team at the IIHF World Championship on little preparation.

Canada heads into Thursday's quarter-final game with firepower on offence, an improving blue-line and goaltending capable of getting wins.

The quarter-final has been Canada's stumbling block in this tournament with losses in the last three consecutive years.

"We realize that," forward Steven Stamkos said. "The last three years, I think, have been early exits and it's not going to get any easier."

Canada awaits the conclusion of the preliminary round Tuesday to confirm its quarter-final opponent. Montreal Canadiens defenceman P.K. Subban was added to the team Monday and will play in the quarter-final.

A 4-3 overtime win over relegated Slovenia on Monday gave Canada 18 points from five wins, an overtime win and a shootout loss in the round robin.

Unbeaten Switzerland was one point back with a game in hand. The Swiss need just a point Tuesday against Belarus to secure first place.

In Monday's victory, Canada was down 2-0 before Matt Duchene and Stamkos pulled Canada even.

Stamkos then scored his second goal of the game on a breakaway in overtime.

THE CANADIAN PRESS

Giro d'Italia. Hesjedal confident he can make up for precious lost time

Canadian cyclist Ryder Hesjedal feels he can get back into contention at the Giro d'Italia despite losing precious seconds after one of his most challenging days at the three-week race.

The defending champion said he had no choice but to concede time at one point during the wet and hilly ninth stage from San Sepolcro to Florence on Sunday. Hesjedal, now over three minutes off the lead in 11th place overall, remains confident he can make up some time and rejoin the front-runners.

"You have to believe it," Hesjedal said Monday from Cordenons, Italy. "You can't decide that it's too much because then you're out of the race already. If you look at what's happened in the race so far, anything can happen. There are so many variables on the road, things can change completely in one moment.

"So by no means does being three minutes down right now make you throw the towel in."

Ryder Hesjedal completes the ninth stage of the Giro d'Italia Sunday. THE ASSOCIATED PRESS

The Garmin Sharp rider from Victoria is chasing overall leader Vincenzo Nibali of Italy, who has a 29-second lead on Australia's Cadel Evans. Robert Gesink of the Netherlands is 1:15 back in third and Bradley Wiggins of Britain is 1:16 off the pace in fourth.

Hesjedal, who was third overall just three days ago, was sixth heading into Sunday's stage. THE CANADIAN PRESS

Bulls offence turns ice cold against sizzling Heat

NBA playoffs. Chicago showing no signs of team that beat Miami in Game 1 of series

Game 4

Heat	Bulls
88	65

LeBron James scored 27 points and the Miami Heat nearly matched a franchise record for points allowed in a playoff game, pounding the listless and short-handed Chicago Bulls 88-65 on Monday night to take a 3-1 lead in the Eastern Conference semifinals.

The 65 points allowed were only two more than the all-time post-season low for a Miami opponent, and it was easily the worst offensive performance by a Chicago team.

Never before had the Bulls scored fewer than 69 in a playoff game nor 10 or less in a quarter during the post-season, but both those marks fell on a night when they were dominated on both ends of the floor.

Miami led by 11 at the half and put this one away in the third quarter, outscoring Chicago 17-9 in the period.

Now the Heat will try to wrap up the series at home on Wednesday night, taking what they hope will be the next step toward a second straight championship.

It's hard to believe the Bulls won the series opener the way the past three games have gone.

Miami pounded Chicago in Game 2, coming away with its most lopsided playoff victory while handing the Bulls their worst ever post-season loss, and the Heat continued to roll from there. THE ASSOCIATED PRESS

Heat forward LeBron James goes up for a shot against Bulls forward Jimmy Butler during Game 4 on Monday in Chicago. NAM Y. HUH/THE ASSOCIATED PRESS

'Who was there to protect him?': Joanne Boogaard

Joanne Boogaard watched her son Derek duke it out on the ice with other NHL tough guys for six seasons as one of the most feared enforcers in the game, a six-foot-seven brawler who was not there to skate or score, but to defend his teammates when it was called for.

"He was there protecting his teammates at all costs," she said in a statement released by her lawyers on Monday, "but who was there to protect him?"

Joanne Boogard and other family members have filed a wrongful-death lawsuit against the NFL, blaming the league for brain damage her son suffered playing the game and for his addiction to prescription painkillers. Derek Boogaard died of an accidental overdose of pain medication and alcohol two years ago; his body was found on May 13, 2011.

The 28-year-old Boogaard was posthumously diagnosed with chronic traumatic encephalopathy, a degenerative brain ailment that can be caused by repeated blows to the head, according to the 55-page lawsuit filed in Cook County, Ill., Circuit Court late Friday. One of the lawyers who filed the lawsuit, William Gibbs, said Monday the NHL profited from Boogaard's physical abilities as team doctors dispensed "pain pills like candy" after he suffered repeated injuries.

Canadian Derek Boogaard fights on Dec. 2, 2010, in Uniondale, New York. BRUCE BENNETT/GETTY IMAGES

"The NHL drafted Derek Boogaard because it wanted his massive body to fight in order to enhance ratings, earnings and exposure," Gibbs said.

The NHL declined to comment on the lawsuit.

The allegations of the suit mirror those made by thousands of former football players against the NFL. Both contend the leagues knowingly withheld information on the connection between the violent collisions in their sport and traumatic brain injury, and pushed players to play through pain, an approach that brought about long-term health issues. Gibbs' Illinois-based law firm of Corboy and Demetrio also represents the family of Chicago Bears safety Dave Duerson, who committed suicide, and other former football players against the NFL.

Gibbs said the NHL couldn't claim ignorance about the consequences to Boogaard, who played for the Minnesota Wild and New York Rangers before he died. THE ASSOCIATED PRESS

Swept under the rug

"The NHL promised his family that it would take care of him. It failed."

Lawyer William Gibbs

NHL PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)
(Pittsburgh wins series 4-2)
Saturday's result
Pittsburgh 4 N.Y. Islanders 3 (OT)

MONTREAL (2) VS. OTTAWA (7)
(Ottawa wins 4-1)

WASHINGTON (3) V. NY RANGERS (6)
(New York wins series 4-3)
Monday's result
NY Rangers 5 Washington 0
Sunday's result
NY Rangers 1 Washington 0

BOSTON (4) VS. TORONTO (5)
(Boston wins series 4-3)
Monday's result
Boston 5 Toronto 4 (OT)
Sunday's result
Toronto 2 Boston 1

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
(Chicago wins 4-1)

ANAHEIM (2) VS. DETROIT (7)
(Detroit wins series 4-3)
Sunday's result
Detroit 3 Anaheim 2

VANCOUVER (3) VS. SAN JOSE (6)
(San Jose wins 4-0)

ST. LOUIS (4) VS. LOS ANGELES (5)
(Los Angeles wins 4-2)
x—played only if necessary

SCORING LEADERS

	G	A	Pts
Krejci, Bos	5	6	11
Malkin, Phg	2	9	11
Crosby, Phg	3	6	9
Iginla, Phg	2	7	9
Pavelski, SJ	4	4	8
Couture, SJ	3	5	8
Zetterberg, Det	3	5	8
Dupuis, Phg	5	2	7
Brassard, NYR	2	5	7

Not including last night's games

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(BEST-OF-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS CHICAGO (5)
(Miami leads series 3-1)
Monday's result
Miami 88 Chicago 65
Wednesday's game
Chicago at Miami, 7 p.m.
Friday's game
x-Miami at Chicago, TBD
Sunday, May. 19
x-Chicago at Miami, TBD

NEW YORK (2) VS INDIANA (3)
(Indiana leads series 2-1)
Tuesday's game
New York at Indiana, 7 p.m.
Thursday's game
Indiana at New York, 8 p.m.
Saturday, May. 18
x-New York at Indiana, TBD
Monday, May. 20
x-Indiana at New York, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS MEMPHIS (5)
(Memphis leads series 2-1)
Monday's result
Oklahoma City at Memphis
Wednesday's game
Memphis at Oklahoma City, 9:30 p.m.
Friday's game
x-Oklahoma City at Memphis, TBD
Sunday, May. 19
x-Memphis at Oklahoma City, TBD

SAN ANTONIO (2) VS GOLDEN STATE (6)
(Series tied 2-2)
Sunday's result
Golden State 97 San Antonio 87 (OT)
Tuesday's game
Golden State at San Antonio, 9:30 p.m.
Thursday, May. 16
San Antonio at Golden State, 10:30 p.m.
Sunday, May. 19
x-Golden State at San Antonio, TBD
x — if neccessary

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	24	14	.632	—
Baltimore	23	15	.605	1
Boston	22	16	.579	2
Tampa Bay	19	18	.514	4½
Toronto	15	24	.385	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	21	15	.583	—
Cleveland	21	16	.568	½
Kansas City	18	16	.529	2
Minnesota	18	17	.514	2½
Chicago	15	21	.417	6

WEST DIVISION

	W	L	Pct	GB
Texas	24	13	.649	—
Oakland	19	20	.487	6
Seattle	18	20	.474	6½
Los Angeles	14	23	.378	10
Houston	10	29	.256	15

Monday's results
Cleveland 1 N.Y. Yankees 0
N.Y. Yankees 7 Cleveland 0
Detroit 7 Houston 2
Minnesota 10 Chicago White Sox 3
Kansas City at L.A. Angels
Texas at Oakland
Tuesday's games — All times Eastern
San Diego (Cashner 2-2) at Baltimore (Tillman 3-1), 7:05 p.m.
Seattle (Hernandez 5-2) at N.Y. Yankees (Sabathia 4-3), 7:05 p.m.
San Francisco (Zito 3-1) at Toronto (Dickey 2-5), 7:07 p.m.
Houston (Harrell 3-3) at Detroit (Fister 4-1), 7:08 p.m.
Boston (Lackey 1-3) at Tampa Bay (Moore 6-0), 7:10 p.m.
Chicago White Sox (Peavy 4-1) at Minnesota (Correia 4-2), 8:10 p.m.
Kansas City (Guthrie 5-0) at L.A. Angels (Vargas 1-3), 10:05 p.m.
Texas (Holland 3-2) at Oakland (Colon 3-2), 10:05 p.m.

NATIONAL LEAGUE

Monday's results
St. Louis 6 N.Y. Mets 3
Milwaukee 5 Pittsburgh 1
Chicago Cubs 9 Colorado 1
Atlanta at Arizona
Washington at L.A. Dodgers

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Someone is trying to get one over on you and you have every right to be annoyed, but is it worth it? There is no way they are going to succeed at cheating you so ignore them.

♉ Taurus
April 21 - May 21
There is no point blaming yourself because a project went wrong. There were so many people involved and so many factors at work that no one person was truly to blame.

♊ Gemini
May 22 - June 21
You need to pace yourself carefully now because the planets warn you are not as robust health-wise as you seem to believe. Even a go-getting Gemini needs a bit of down time occasionally.

♋ Cancer
June 22 - July 23
Whatever your highest ideal happens to be, that is what you should now be aiming for. Of course, you won't reach your goal immediately but you'll be heading in the right direction – and that's what matters.

♌ Leo
July 24 - Aug. 23
You are finding it hard to focus on one specific thing — your mind is all over the place. That's OK. There is no point trying to force your thoughts in directions they clearly don't want to go. Take the hint.

♍ Virgo
Aug. 24 - Sept. 23
If a particular method works for you then stick with it. Others may say it's old-fashioned, but so what? The more critical they are, the more you suspect it's the right choice.

♎ Libra
Sept. 24 - Oct. 23
Let your imagination roam wherever it pleases today, even if it takes you to places you may have been deliberately avoiding in recent weeks. As is so often the case, what you fear the most is unlikely to happen.

♏ Scorpio
Oct. 24 - Nov. 22
You may end up spending a large chunk of the day dealing with someone else's problem but don't think of it as time wasted. What you do for them now will be done for you later.

♐ Sagittarius
Nov. 23 - Dec. 21
Some things can be done on the spur of the moment and some things can be left until the very last minute but what you do today will require a bit more planning. Others won't do it for you, so get on with it.

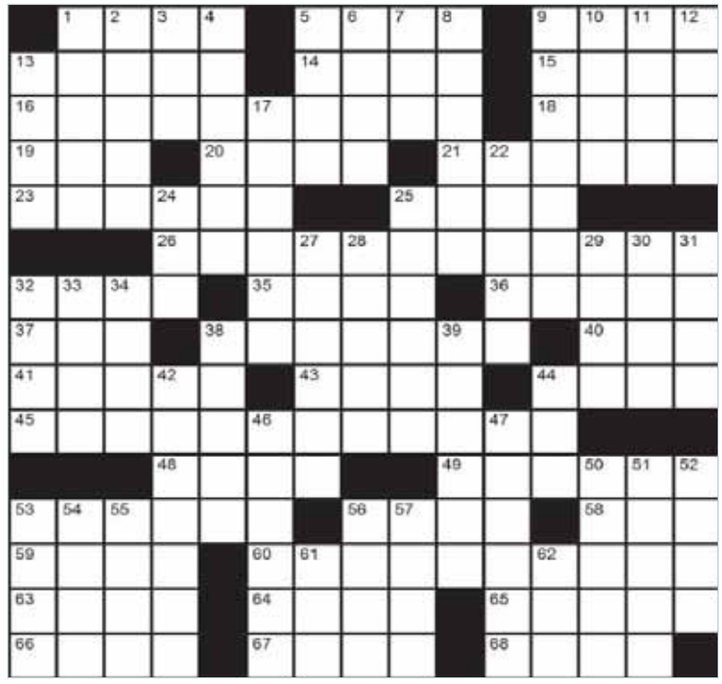
♑ Capricorn
Dec. 22 - Jan. 20
You know from experience there is no point shouting or making threats. If you want something done today, you will have to do it yourself or offer something valuable in return. So, do it yourself then.

♒ Aquarius
Jan. 21 - Feb. 19
Listen carefully to what a friend tells you today, even if you have heard it many times before. They may just have the key to a problem that has been annoying you for some time.

♓ Pisces
Feb. 20 - March 20
It's not wrong to be suspicious but it is wrong to take it to unreasonable levels. Rest assured that what you hear today is in no way designed to deceive you. **SALLY BROMPTON**

Crossword: Canada Across and Down

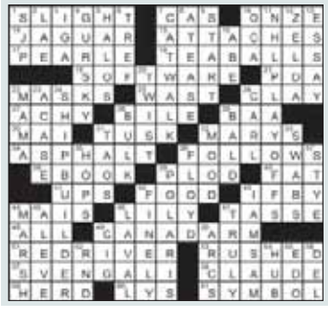
BY KELLY ANN BUCHANAN



Across
1. Swedish auto
5. "The World According to __" (1982)
9. Mr. Nova (Canadian singer/guitarist)
13. Hubba __ (Gum)
14. Duo plus one
15. "The Ghost & Mrs. __" (Old sitcom)
16. Valley of the Kings discoveries in Egypt: 2 wds.
18. Drug deal buster, for short
19. Pre-lunch hrs.
20. Occupied
21. Magnifying glass user
23. '70s night spots
25. Parisian positives
26. Arrest proof from a police car: 3 wds.
32. WWW code
35. Norse navigator Mr. Ericsson
36. Locomotive tracks
37. Hawaii's __ Beach
38. Poet of the Yukon, Robert __
40. Rich dollar amt.
41. Lisa of "The Cosby Show"
43. Fermented soybean paste
44. ____ other (Without equals)
45. Winnipeg-born songwriter/singer/guitarist: 2 wds.
48. Actress, Lena __
49. '70s sitcom family, The __
53. Locales
56. Achievement
58. "Sheila": 1962 hit for Tommy __
59. "__-__-Di..." (Beatles song title bit)
60. What a doctor provides: 2 wds.
63. Eye droplet
64. City of Russia
65. Recommended strongly
66. Inputted info [abbr.]
67. Places
68. "Friends" friend

Down
1. Finland, as Finns call it
2. Bottomless pit
3. Camel hair garment
4. Movie boxer Rocky's surname
5. Vintage muscle cars
6. Canadian __ (Military force)
7. One bone
8. Play __ (Feign death or sleep)
9. Memory loss
10. Lei-wearer's party
11. David Spade's "Joe __"
12. Philharmonic gr.
13. Mr. Pitt
17. Fight
22. Book, in a Quebec library
24. Gladiator's 450
25. Klutzy
27. Lily Munster's beloved
28. __ centre
29. Softens the lights
30. Tiger Woods' ex-wife
31. Nobel Peace Prize city
32. Official lang. of Israel
33. ___ day (Train-catching frequency, often)
34. British Invasion group, Manfred __
38. Fashion sense
39. __ boots
42. L'île-du-Prince-__ (PEI)
44. NHL's Ducks, on scoreboards
46. Billy __ (Canadian flying ace of WWI)
47. Medieval king of legend
50. Burdens
51. Past times
52. Plant's beginning
53. X-mark a ballot
54. Mr. Scrooge, to pals
55. _. __. (Line above the equator)
56. Quick
57. Banff National Park animals
61. Land Down Under bird
62. Olympics abbr. for Zagreb's land

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		4	2		7		8	
1		2	3	8		9		
	5						3	6
4			7		2		6	8
	7			5			1	
6	2		4		3			9
2	8						9	
		9		7	6	8		4
	4		8		9	6		

Yesterday's Sudoku

5	6	7	4	9	1	2	3	8
4	2	8	3	5	6	7	1	9
3	9	1	8	2	7	6	4	5
8	5	9	1	3	2	4	7	6
2	7	4	5	6	8	1	9	3
6	1	3	9	7	4	5	8	2
1	8	6	2	4	9	3	5	7
9	3	2	7	1	5	8	6	4
7	4	5	6	8	3	9	2	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 15° MIN: 7°	MAX: 16° MIN: 7°	MAX: 18° MIN: 5°

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